



Eating Right does not Have to be Complicated

- ✓ Start with the basics. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts.
- ✓ A healthy eating plan is also low in saturated fats, trans fats, cholesterol, salt and added sugars.
- ✓ Make calories count by thinking nutrient-rich rather than “good” or “bad” foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients — and lower in calories.
- ✓ Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.
- ✓ Focus on variety by eating a variety of foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that’s in season. Vary protein choices with more fish, beans and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day.
- ✓ Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also enables parents to serve as role models, introduce new foods and establish a regular meal schedule.
- ✓ Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.
- ✓ Log it...Log everything from a piece of gum to an ice cube in a daily food journal.

** I would like to encourage you to view the You Tube video, “Food Labels and You” from the U. S. Food and Drug Administration. It places a

humorous spin on food labeling and you may “pick” up a tip. 😊

<https://www.youtube.com/watch?v=MYIAdd2Z9Mc>

